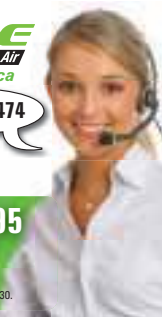


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Chock-a-block with valour

Three Victoria Crosses awarded to soldiers from a single block in Winnipeg are reunited at the Canadian War Museum in Ottawa

PM warned of Sikh extremism

The Indian government tells Prime Minister Stephen Harper it's concerned about a 'revival of anti-India rhetoric in Canada'

Nerds do it better ... in Canada

The Big Bang Theory's Mayim Bialik is a real-life neuroscientist, but even she can't figure out why the show is so popular in this country. 'Maybe people are more inclined to like nerdy people in Canada,' is her guess



U.S. President Barack Obama after win: 'WE'RE ALL IN THIS TOGETHER'

Supporters of U.S. President Barack Obama cheer after networks project Obama as re-elected during the election night watch party at McCormick Place Tuesday night in Chicago. Obama won the race against Republican candidate, former Massachusetts governor Mitt Romney. The president took to Twitter to thank his supporters, saying "We're all in this together. That's how we campaigned." For the story, see page 9. CHIP SOMODEVILLA/GETTY IMAGES

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St. Norbert. Swandel storms out of meeting over rezoning spat

Tuesday's property and development committee meeting saw fireworks in the form of a tense exchange between Coun. Jeff Browaty, who chairs the committee, and Coun. Justin Swandel.

Swandel, who represents St. Norbert and recently left Mayor Sam Katz's powerful executive policy committee, wanted to comment on the "procedures" of two items, an area structure plan and subdivision and rezoning, concerning Waverley West.

"I don't know why there's such a desire to not have me speak to the process," Swandel said, adding he wanted the items to come back to Riel Community Committee for further discussions.

Browaty, who represents North Kildonan, told the councillor repeatedly that public hearings were closed and comments about changes could compromise the process.

"You're ruling me out of order?" Swandel asked, to which Browaty said he was.

"Thank you, that's what I needed," Swandel said, before walking out.

BERNICE PONTANILLA/METRO



Justin Swandel
BERNICE PONTANILLA/METRO

Shindico released from Graham Avenue oversight

Tower tipping point.
Committee calls for
building to be sold
as soon as possible



BERNICE
PONTANILLA
bernice.pontanilla@metronews.ca

The tower portion of the former Canada Post building downtown will be placed under new management, after a city council vote on Tuesday.

The warehouse part of the building at 266 Graham Ave., which is being renovated to become the new Winnipeg Police headquarters, is adjacent to an 11-floor tower managed by Shindico.

On Tuesday, the property and development committee, made up of chair Jeff Browaty (North Kildonan) and fellow councillors Russ Wyatt (Transcona), Grant Nordman

(St. Charles) and Mike Pagtakhan (Point Douglas), voted to give Shindico 90 days' notice that the city is cancelling its contract and will begin accepting proposals to manage the office space until it can be sold.

"We're not in the business of running downtown office towers," said Wyatt, whose motion calling for Shindico to be relieved of managing the former Dominion Bridge property at 1460 Dublin Ave. failed.

For the Dublin property, acquired in December 2008 in a tax sale, the committee asked city administration to report back on their attempts to sell its.

Earlier in the meeting, Barry Thorgrimson, Winnipeg's director of planning, property and development, said the city did not have "the resources or the knowledge base" to take over the management of the two properties.



The tower portion of the former Canada Post building will soon be under new management after a committee vote on Tuesday. SHANE GIBSON/METRO

City committee votes to buy Taylor land, killing contentious land-swap deal

City officials have been given a clear mandate to buy a controversial piece of land that is the site of a Winnipeg fire station.

On Tuesday, the property and development committee gave approval for the City of Winnipeg to hire an independent real estate appraiser to negotiate the purchase of 1780 Taylor Ave. from Shindico, which is to have its own appraiser.

"We need to have some certainty," Coun. Jeff Browaty (North Kildonan) said after the meeting. "We have a city-owned asset on property that we don't own."

Browaty, who chairs the property and development committee, said that if the

two appraisals are within 10 per cent of each other, the purchase price will be half-way between the two.

But if the appraisals come in at more than a 10 per cent difference, a third, independent, out-of-province appraiser approved by both parties will be hired to determine a final binding price.

Any agreement must be voted on by city council.

Mayor Sam Katz and city officials have been under fire for the past two months over a controversial land-swap deal that would have seen the Taylor Avenue land exchanged for three other city-owned properties. Katz called for an audit on that deal.

BERNICE PONTANILLA/METRO



The city is in negotiations to buy the parcel of land on Taylor Avenue where Station 12 sits. METRO FILE

1 NEWS

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Recycling. Winnipeg Harvest wants your old blue boxes, garbage cans

The City of Winnipeg has partnered with Winnipeg Harvest to give Winnipeggers a place to recycle their old blue boxes and garbage containers now that the new automated service has replaced manual collection citywide.

Winnipeg Harvest will reuse containers in good condition for its blue box gardening program, food collection, the delivery of emergency food hampers, and for storage in its warehouse. Blue boxes and garbage cans that are not in reusable condition will be recycled by the city.

"The donation of blue boxes from the community-at-large will allow us to get 'hands on food security and hands off hunger,'" said Harvest's executive director David Northcott in a release. "Engagement is a key theme in all the programs at Winni-

Drop-off locations

Drop-off locations for blue boxes and garbage cans will be set up at Winnipeg Harvest at 1085 Winnipeg Ave. this Saturday, 1539 Waverly St. Nov. 17, and at the parking lot across from 849 Ravelston Ave. W. Nov. 24.

peg Harvest. Growing, tending, nurturing and enjoying the result is what we are all about, be it people, plants or ideas."

Old containers can be dropped off from 10 a.m. to 2 p.m. at depots set up around the city every Saturday in November, and people are asked to bring a non-perishable food donation when dropping off their old containers.

METRO

Fire. No injuries or damaged cash at Royal Canadian Mint in Winnipeg

There are no injuries and no burned money after a fire at the Royal Canadian Mint's facility in Winnipeg.

The fire broke out Monday afternoon in some equipment used to test coin-making plates.

Spokesperson Christine Aquino says employees were evacuated safely and production resumed within a few hours.

The Winnipeg fire department says the fire was caused by overheated electrical equipment, and was contained by the building's sprinkler system.

Damage is estimated at \$200,000.

The Winnipeg plant is



The Royal Canadian Mint in Winnipeg. BERNICE PONTANILLA/METRO

one of the mint's two manufacturing facilities in Canada — the other is in Ottawa.

THE CANADIAN PRESS



Heritage Minister James Moore pauses at the newly unveiled exhibit of Victoria Cross Medals of recipients Cpl. Lionel Clarke, Sgt. Maj. Frederick Hall and Lt. Robert Shankland at the National War Museum in Ottawa on Monday. ALEX BOUTILIER/METRO IN OTTAWA

Valour Rd. war medals reunited at museum

On display in Ottawa.

Only 96 Victoria Cross medals awarded to Canadians in medal's 156-year history



ALEX BOUTILIER
Metro in Ottawa

Three Victoria Cross medals awarded to Canadian soldiers from Winnipeg's Pine Street, later renamed Valour Road, have been reunited at the Canadian War Museum in Ottawa.

Heritage Minister James Moore unveiled the trio of medals, which will be housed in the Royal Canadian Legion of Honour, on Monday morning. The medals were

Quoted

"The coincidence of having so many Victoria Crosses associated with a single street, in a single block, in a single city is a unique Canadian story about which we are all proud."

Heritage Minister James Moore

awarded to Company Sgt. Maj. Frederick William Hall, Cpl. Leo Clarke and Lt. Robert Shankland, who all lived on a single block in Winnipeg.

"The men were of different ages, they served in different military units, and they were recognized for heroism in different battles," Moore said on Monday.

The Victoria Cross is the highest award for military valour in Canada and in much of the Commonwealth. It has

been awarded to Canadians 96 times.

Hall was awarded the medal posthumously for his service during the second Battle of Ypres, after being shot in the forehead during an attempt to rescue wounded comrades in 1915.

Clarke, fighting on the Somme Front, single-handedly captured or killed 20 German soldiers in September 1916. Clarke was killed by an enemy shell two months

later. The Victoria Cross was presented to his father.

Shankland's platoon was caught in enemy crossfire in October 1917 at the Battle of Passchendaele. After suffering casualties during more than four hours of fighting, Shankland managed to make it back to his battalion's headquarters to report and plan a counterattack. He then returned to his troops, who were successfully reinforced by soldiers from the 52nd and 58th battalions. Shankland was the only one of the three men to return from the war.

The medals will be loaned to the Manitoba Museum in Winnipeg in 2014 to commemorate the role of the Winnipeg Rifles and the Queen's Own Cameron Highlanders regiments during the First World War.

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Western U. Researchers 'very happy' with HIV/ AIDS vaccine progress

Dr. Chil-Yong Kang is one step closer to eradicating HIV-AIDS.

After a successful first trial of a preventive HIV/AIDS vaccine, researchers are predicting there could be a vaccine available in five years — provided phases 2 and 3 are successful.

"Today, I am very happy to announce there were no adverse affects observed during the preliminary Phase 1 clinical trials," Kang said at a Western University news conference Tuesday.

Developed by Kang and his team at Western, and supported by Sumagen Canada, the vaccine entered Phase 1 testing in the United States earlier this year. During this phase, the vaccine was administered to 24 HIV/AIDS-positive patients who were monitored for any side effects.

"These tests prove the safety and efficacy of the vaccine," said Dr. Dong Joon Kim, vice-chairman of Sumagen Canada.

MARK SPOWART/FOR METRO IN LONDON

Zoo escape

Gaza police catch roque crocodile

It took an Internet search, shark nets and two weeks of floating in a sewage pond, but Gaza policemen said Tuesday that they have finally captured a crocodile that was terrifying residents.

The 1.75-metre crocodile fled his zoo enclosure two years ago and crawled to a large sewage pit.

THE ASSOCIATED PRESS

It Gets Better

New video aimed at supporting gay youth

An emotional video by gay and lesbian RCMP officers and civilian employees has been released with a message to young people that life does get better. The It Gets Better video was the brainchild of the Surrey RCMP's youth unit and was filmed this past summer.

THE CANADIAN PRESS

Indian government warns Harper of Sikh extremism

Urging vigilance.

Prime ministers talk terrorism, nuclear energy during stop on six-day trade trip

The Indian government issued a pointed and public warning to Prime Minister Stephen Harper to mind what they see as alarming evidence of Sikh extremism on Canadian soil.

Harper is usually the one to urge vigilance over extremism and terrorism as he travels the world meeting with his counterparts, but on Tuesday the shoe was on the other foot during a meeting in India's capital with India's minister of state for external affairs Preneet Kaur.

"Prime minister, there was another area of great concern for us, which was the revival of anti-India rhetoric in Canada, and I am from the state of Punjab, which we are very happy you will be visiting," Kaur said during a morning meeting.

"We have after very hard times got a good situation of peace and progress back in Pun-



Prime Minister Stephen Harper and Indian Prime Minister Manmohan Singh take part in a ceremony in New Dehli on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

job and in India and we would like that to continue.... We do appreciate very much that you have been forthright and open about your stand on this."

Indian Prime Minister Manmohan Singh touched on the issue again during an evening ceremony.

"India and Canada are nations built on shared values that celebrate democracy, inclusiveness and diversity," said Singh. "We have similar concerns in

combating terrorism, extremism and radicalism."

The issue of internal extremism has been one that has shaken India to the core over the past several decades — former prime minister Indira Gandhi was murdered by her own Sikh bodyguards after a string of events sparked by fundamentalists seeking their own separate, fundamentalist nation they would call Khalistan.

THE CANADIAN PRESS

Uranium shipments

Nations ink nuclear energy deal

Prime Minister Stephen Harper and his Indian counterpart Manmohan Singh announced Tuesday they have finally sealed a nuclear deal that will see Canadian companies ship uranium to the energy-hungry South Asian nation.

A nuclear co-operation agreement had been signed two years ago between the two nations, but its actual implementation had been stalled over the details.

Canada had wanted more oversight over where the products wound up, something India had resisted. Now, a joint committee will ensure that Canada gets the kind of follow-up it had required.

THE CANADIAN PRESS



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Gunmen assassinate brother of leading Syrian politician

Risk of 'Somalization'. UN-Arab League envoy Lakhdar Brahimi says crisis could lead to fall of the state, rise of warlords and militias

Gunmen killed the brother of Syria's parliament speaker in a hail of bullets as he drove to work in Damascus on Tuesday, the state news agency said.

Mohammed Osama Laham, the brother of Parliament Speaker Jihad Laham, became the latest victim of a wave of assassinations targeting Syrian officials, army officers and other prominent supporters of President Bashar Assad's regime. The killing came a day after some of the most intense fighting in Damascus in months as rebels wage a civil war to unseat Assad.



Syrians push a burned car after a blast in the Mazzeh al-Jabal district of Damascus on Monday.
SANA/THE ASSOCIATED PRESS

The government and activists said a series of explosions Tuesday evening rocked the northwestern edge of Damascus. At least 13 people were killed and 30 wounded. Activists said the bombs were placed in a main square near housing for the country's elite troops from the Repub-

lican Guards, which is led by Assad's brother Maher in charge of protecting the capital.

Meanwhile, British Prime Minister David Cameron suggested Tuesday that Assad could be allowed safe passage out of the country if that option would guarantee an end to the nation's civil war.

The Turkish state news agency reported that seven Syrian generals defected to Turkey, joining dozens of other generals who have abandoned the regime.

In Jordan, visiting Russian Foreign Minister Sergey Lavrov met with Riad Hijab, the former Syrian prime minister who defected to Jordan in August. It was a rare, high-level contact between Moscow and a Syrian opposition figure. Lavrov said his talks with Hijab were meant to get first-hand information from the Syrian opposition on how they view a solution to the civil war. **THE ASSOCIATED PRESS**



Spanish court defends same-sex marriage

Ricardo, 42, right, and Edorta, 36, a gay couple who were married Aug. 4, pose in their house in Burlada, northern Spain. Spain's Constitutional Court upheld the legality of the country's gay marriage law on Tuesday, rejecting an appeal contending that marriage in the Spanish constitution means only the union of a man and woman. **ALVARO BARRIENTOS/THE ASSOCIATED PRESS**

Workplace shooting

At least 3 dead at California chicken processing plant

A parolee who worked at a California chicken processing plant pulled a gun and opened fire at the business on Tuesday, killing two people and wounding two others, before taking his own life, authorities said.

Police said they didn't know what prompted the

attack by Lawrence Jones, 42, midway through his shift at Apple Valley Farms, although other workers told police he did not appear to be himself when he arrived at the plant for work.

"It is difficult to say at this point if in fact there was a specific target that Jones was looking for," police Chief Jerry Dyer said.

Jones has an extensive criminal history dating back into the 1990s, Dyer said.

Jones arrived at work just before 5 a.m. About 3.5 hours into his shift, he pulled out a handgun and began firing, Dyer said.

Officers found Jones with a gunshot wound to the head and a 32-year-old woman bleeding from a wound to her lower back outside. Three other people were found shot inside. One was pronounced dead at the scene. Jones and another victim were pronounced dead later. **THE ASSOCIATED PRESS**

Outrage. Out-of-line comments about rape knock out candidates



JESSICA SMITH
Metro in Toronto

Some controversial comments about rape didn't pay off for two Republican Senate candidates.

Both Missouri Republican Todd Akin and Indiana Republican Richard Mourdock failed in their Senate races on Tuesday.

Akin was considered a strong candidate until a controversial interview in August in which he said that women's bodies have ways of avoiding pregnancy in instances of "legitimate rape."

"The female body has ways to try to shut that whole thing down," Akin said at the time.

Democratic Sen. Claire McCaskill, who supports abortion rights, was re-elected.

After Akin's controversial comments, Republican leaders, including Mitt Romney, called on him to abandon the race, but he refused.

In Indiana, Democrat Joe Donnelly defeated Republican Richard Mourdock, who had slipped in the polls after saying during a debate that when a woman who is raped becomes pregnant it's what "God intended."

"I, too, certainly stand for life," Mourdock said in the October debate.

"I know that there are some who disagree, and I respect their point of view, but I believe that life begins at conception. The only exception



Richard Mourdock said pregnancy after rape is what God intended.

THE ASSOCIATED PRESS

I have to have an abortion in is in that case of the life of the mother.

"I struggled with it myself for a long time but I came to realize that life is a gift from God, and I think that even when life begins in that horrible situation of rape that it is something God intended to happen."

The Indiana seat had been held for six six-year terms by Sen. Richard Lugar, whom Mourdock defeated in the primary.

Donnelly's win handed it to the Democratic Party.

WITH FILES FROM THE ASSOCIATED PRESS

Exclusively online

For more on last night's results, including online reactions and more, visit metronews.ca



Victory in his sights? U.S. President Barack Obama calls out to his supporters on Tuesday morning. CAROLYN KASTER/THE ASSOCIATED PRESS

Obama does it!

Race for the White House. The lead switches a number of times all night, but U.S. president finally triumphs in historic election

Quoted

"I feel like we put it all on the field. We left nothing in the locker-room. We fought to the very end."

Mitt Romney,

Speaking to reporters on his plane as he flew to Boston on Tuesday.

unemployment.

In one of the hardest-fought campaigns in recent history, challenger Mitt Romney, the 65-year-old former Massachusetts governor, battled until the bitter end.

The two rivals were close in the popular vote.

Romney had 45.2 million votes, or 49 per cent. Obama had 45 million, also 49 per cent, with 65 per cent of precincts tallied.

But Obama's laser-like focus on battleground states gave him the majority in the

electoral vote, where it mattered most.

He had 284 as the call was made — 14 more than needed for victory. Romney had 200.

All night the lead kept switching back and forth.

Obama won the reliably Democratic Northeast, and Romney secured his conservative base.

But the critical battlegrounds with the key to victory were unsettled late into the night — Virginia, Ohio and Florida among them — and, astonishingly, some vot-

ers were still waiting in long lines late Tuesday.

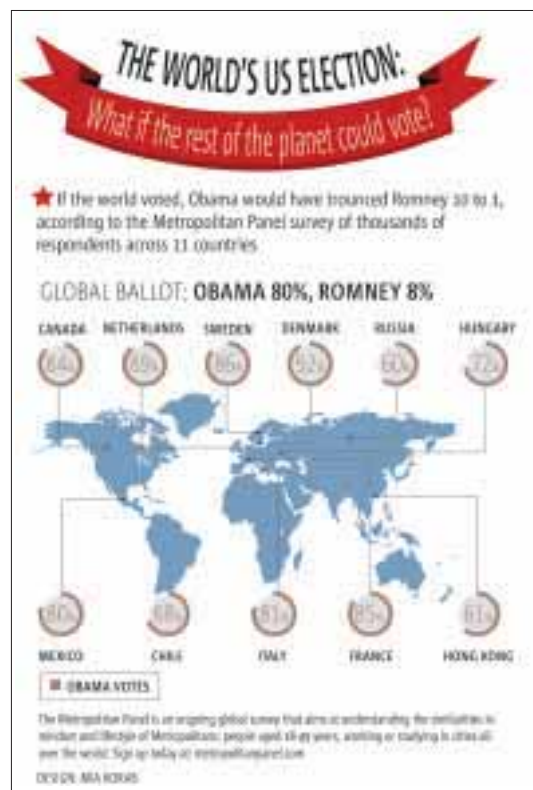
Romney also held an early electoral vote advantage, 159-147, with 270 needed for victory — although he lost his home state of Michigan as well as Massachusetts, where he served as governor.

The high turnout of African-American voters in Pennsylvania — reportedly even higher than it was in 2008 — was thought to have played a critical role in the president's victory there.

In Chicago, Obama's supporters were overjoyed even though he was yet to officially win the White House.

The president was on his way, along with his wife, Michelle, to address the crowd at his downtown headquarters in the Windy City.

THE ASSOCIATED PRESS



Glitches couldn't block democracy's path

It wasn't exactly mayhem. But sporadic problems were reported at polling places around the United States.

A confrontation broke out in Pennsylvania involving Republican inspectors over access to some polls.

Also in Pennsylvania, a voting machine lit up for Mitt Romney even when a voter pressed the button for

President Barack Obama.

Video of what an official called a "momentary glitch" was widely viewed on YouTube.

One Florida elections office mistakenly told voters in robocalls that the election was on Wednesday.

In Philadelphia, a judge ordered a mural of Obama covered up after a Republican

election worker snapped a picture of it at a school polling place.

There were reported problems with ballot scanners in the Ohio cities of Cleveland, Dayton and Toledo.

Polling places opened late in minority neighbourhoods in Galveston, Texas.

Voters in several storm-ravaged areas in New York

and New Jersey expressed relief at being able to vote at all, considering the devastation from Superstorm Sandy.

"Nothing is more important than voting. What is the connection between voting and this?" said Alex Shamis, a resident of hard-hit Staten Island, pointing to his mud-filled home.

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Market Minute



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Credit monitoring

Unpaid consumer debts fall sharply

Equifax Canada says delinquencies on consumer debt fell to pre-recession levels during the summer, even though the amount of money owed kept rising. The credit-monitoring firm says only 1.22 per cent of debts were unpaid after 90 days or more in the July-September quarter, down sharply from 1.37 per cent in the previous quarter.

THE CANADIAN PRESS

Canada Post

New community mailboxes could cost homebuyers

Buyers of new homes may have an additional fee to contend with next year. Canada Post will begin charging developers \$200 per home address to install community mailboxes in new residential neighbourhoods and commercial areas. Developers will likely pass off the expense to buyers.

THE CANADIAN PRESS

Not so scary after all: Why rookies shouldn't fear stocks

Investing. This is the first of three columns on getting into the stock market



IN THE MARKET
Bryan Borzykowski
For Metro

For most of the last century, investing in the stock market has been a great way to make money. That's because share prices have mostly gone up.

Of course, someone who lost their retirement savings during the recession doesn't want to hear that. While the markets have mostly recovered since the economic crisis, many people still want nothing to do with equities.

These days, most people are keeping their money in bonds, high-interest savings accounts or under a mattress, which is precisely where you don't want your cash to be. Investments must grow faster than inflation or you end up losing money. Right now, inflation is around two per cent, while a 10-year Government of Canada bond is paying 1.8 per cent. You get nothing for storing your money on a shelf at home.

Despite what you saw in the crisis, the stock market isn't a scary place. There are plenty of low-risk places for conservative investors to stash some dough, such as in brand name, dividend-paying stocks. While it's true that equities will always be riskier than bonds, in today's low-interest rate environment, barely paying fixed-income has become risky too.

The beauty of the stock market is that anyone can buy in, even if you only have \$20 a month to save. Banks will take just about anyone at any income level; some larger firms require a \$500,000 investment or more before they'll take a client on. While you can get access to different investment options — such as real estate or hedge funds — if you have more money, the point is that you don't need to be rich to in-



If you're hoarding cash rather than investing it, you're losing money, says columnist Bryan Borzykowski. In the first of a three-part series, he aims to convince investing newbies that equities aren't so frightening. **ISTOCK**

vest.

You also don't need to know much about the markets. Investing newbies can purchase mutual funds — securities that hold a basket of stocks — through an adviser. Savvier investors may buy stocks online. The earlier you start the better, though. The longer your funds are left to grow the more money you'll make.

The only people who should stay away from the markets are those who can't stomach any risk at all. Even the most conservative equity investor will see their portfolios fall from time to time. If you can't fathom seeing a negative number, then maybe the mattress is right for you.

As history has proven time and time again, though, markets do rise. It may take a while before the volatility we're experiencing today dies down, but it will.

Next in the series

- **In Metro Thursday:** How to size up your options when choosing stocks. Hint: Everybody's gotta eat.
- **In Metro Friday:** Should you go it alone or go to an adviser? Plus, some online tools for the DIY types.

- **Can't wait?** Check out the whole package online now, at metronews.ca/tag/investing.



Bryan Borzykowski is a Toronto-based financial writer and the author of *Building Wealth All-in-One for Canadians for Dummies*. Contact him at bryanborzykowski.com or follow him on Twitter @bborzyko.

Role models

Investors to watch



Warren Buffett
The Oracle of Omaha got rich by buying under-appreciated

companies. It's called value investing. You buy a business that no one wants, which makes it cheap. When people eventually buy in, the stock price soars.

Peter Lynch

This famous investor perfected the Growth at a Reasonable Price approach. He wants under-



valued companies that are also growing earnings. Find a value stock that's growing and you've got yourself a winner.



Prem Watsa
The CEO of Toronto's Fairfax Financial has been called the Canadian

Warren Buffett. He's also made his millions buying undervalued companies. Like any good investor, he's focused on long-term returns, not short-term gains.

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FACT: NICE GUYS FINISH FIRST



JUST SAYIN'
Paul Sullivan
metronews.ca

There's hope for me yet.
Not just me, but millions of Guys.

Guys: You know who you are. You are impervious to all the recent trends toward

humanization. Sensitive New Age Guy? Metrosexual? Fuggedaboutit. Emotions are like kryptonite or cockroaches. They need to be removed from the room to make it safe for football, video games, hot wings and the other essentials of Guy life.

Well, turns out that getting in touch with our feelings is not only trendy, it's also good for us.

Huh? (The universally-recognized Guy response to any complex thought.)

A Harvard study that's been going on since 1938 has found that relationships (eeyeww), not genes or birth order or political affiliation are the best indicator of how well men will do throughout their lives. The Grant Study, as it's known (who heads up Grant's study?) has followed 268 Harvard students through their entire lives.

Emotional long haul

Here's the bottom line, Guys. Of those participants who have the capacity for intimate relationships, one third are still alive. Of those who don't? Four miserable SOB's.

Here's the bottom line, Guys. Of those participants who have the capacity for intimate relationships, one third are still alive. Of those who don't? Four miserable S.O.B's.

Around our place, it's generally assumed I'll be the last crotchety old coot standing while my dutiful offspring are drawing straws to see who gets to put up with me after the authorities have washed their hands. But if this Grant Study is any indication,

they'll have nothing to worry about. I'll die young (well, youngish), the tragic victim of emotional constipation. Like the end of a Clint Eastwood movie.

But wait! It doesn't have to be that way. The researchers have documented what should be called the Ebenezer Scrooge Effect. Somewhere along the line, a few lucky Guys discover their emotions, and become interesting.

The New York Times' story on the study features a Guy who worked night shifts to put himself through school, then biked to class first thing in the morning. He probably had to plow his way through seven-foot snowdrifts, too, like the rest of us Guys. By the time he was 40, he was a burnout: "Mediocre and without imagination." Then, in his old age, he went back to his first love, theatre, got married at 78, and by the time he was 86, got down to a single medication: Viagra. He died at 96 from having too much fun.

The title of the research is called Triumphs of Experience.

What doesn't kill you can make you glad to be here. And ready for someone who wants to share your secret and doesn't care if you start to cry during the part where Clint finally sees the light. Just before he takes the bullet meant for ...



Clint Eastwood arrives at the *Trouble with the Curve* premiere in September. It's a film about an aging baseball scout who takes his daughter on one last recruiting trip. So there's still hope for all you Guys. GETTY IMAGES

VIP rhinos get their own bodyguards



ANN AND STEVE TOON/SOLENT NEWS

Sought-after horns

Protection from poachers

Rhinos Najin and Suni are pictured grazing under 24-hour protection as part of a conservation program in Kenya.

The northern white rhino species is extinct in the wild with just seven remaining under protection due to poaching gangs. Rhino horns are in high demand because of the mistaken belief that they cure fevers and other illnesses. **METRO**

Rhino ambassadors



Ann and Steve Toon, wildlife photographers and Save the Rhino activists

The British couple took the picture above on a tour of rhino conservation projects in Africa, while also documenting the slaughter of the animals.

"It's impossible to say what proportion of poached rhinos is left alive and wounded."

Also killed for parts:

- **Sumatran tiger.** Famous striped fur coats are an expensive commodity and just 400 of the species remain, following the extinction of Javan and Balinese relatives.
- **Northern right whale.** Just a few hundred of these giants of the Atlantic have survived hunters seeking their oil. Their name comes from being the easiest whale to catch.

White gold

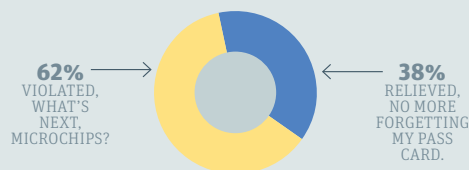
\$133

The estimated price in U.S. dollars of a gram of powdered rhino horn — making it more valuable than gold or cocaine. This reflects a massive growth in demand — in 1980, a kilogram would sell for around \$500 US.



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How would you feel if your employer tracked you via fingerprints?



Twitter

@YyWithaY: Winnipeg, when was the last time we saw the sun? #vitaminD #notvancouver

tive, tranquil after debate" headline. #Winnipeg

@JohnSidneyQ: If tomorrow's president is not becoming to you. You should be coming to us. #Winnipeg Manitoba is a great place to live.

@JamiKingsta: Why do I live in Winnipeg when there's places like Hawaii and Cali? So confused

@stateofthecity: I want to live long enough to see a "Councillor Swandel medita-

@jackattack409: one of these days, i wish the sun would grace winnipeg with its presence



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Daniel Day-Lewis' portrayal of Abraham Lincoln has him as an early Oscar favourite this year. DAVID JAMES/THE ASSOCIATED PRESS

Day-Lewis filling big shoes in character and competition



IN
FOCUS
Richard Crouse
scene@metronews.ca

Mark S. Reinhart, author of Abraham Lincoln on Screen, claims the 16th President of the United States, "is the most frequently portrayed American historical figure in the history of the film and television arts."

Portrayed more than 300 times on film and TV, Honest Abe has done everything from pardon a sentry who fell asleep on duty in the 1908 short film *The Reprieve: An Episode in the Life of Abraham Lincoln*, to getting revenge on his assassin in *Police Squad* to teaming up with *Star Trek's* Captain Kirk to explain the concepts of good and evil to the aliens of *Excalbia*. In this weekend's Lincoln, starring Daniel Day-Lewis, the president oversees the passing of the 13th Amendment, guaranteeing freedom for the country's slaves and ending the Civil

Another Movie Review and Screentimes



Best Bond in years

Skyfall

Actors: Daniel Craig, Javier Bardem, Judy Dench

When a terrorist hacker leads a deadly cyber attack

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7:15-10:30

on MI6 headquarters, 007 (Daniel Craig) springs into action at the request of his

boss and mentor M (Judy Dench). His investigation leads him to Raoul Silva (Javier Bardem), a psychotic criminal interested in revenge.

Skyfall is the most thematically mature Bond movie yet, paying homage to the past, while redefining the future of the franchise. It's also the most purely entertaining Bond in ages, with a bad guy for a new generation and a heady mix of action and intellect that will leave you shaken and stirred.

RICHARD CROUSE

War. Day-Lewis is a lock for an Oscar nomination, and a favorite to win, but his portrayal stands in the shadow of two movie legends.

Henry Fonda played the title character in *Young Mr. Lincoln*, a melodramatic and inaccurate chronicle of Abe's formative years.

Wearing specially made boots that made him appear taller, Fonda was honoured to play the president.

"I felt as if I were portraying Christ himself on film," he said.

Canadian-born Raymond Massey played Lincoln multiple times on stage and film.

He was so attached to the character a colleague joked that Massey wouldn't be satisfied with his Lincoln impression until someone assassinated him.

For a certain generation, however, Lincoln might be best remembered for a speech that began with, "Fourscore

and seven minutes ago..." and ended with, "Party on, dudes!"

But Bill & Ted's *Excellent Adventure* isn't the only movie to take a light-hearted look at the Great Emancipator.

In *Coneheads*, Dan Aykroyd's character uses Abe's famous stovepipe top hat to cover his oblong head.

One of Brendan Fraser's seven wishes in *Bedazzled* is to be president.

But he soon learns to be careful what he wishes for when he is zapped back into history as Lincoln himself as he watches a play at Ford's Theatre. Abe also gets a laugh in *Night at the Museum: Battle of the Smithsonian* when the Lincoln Memorial comes to life.

Perhaps the strangest portrayal came earlier this year. Abraham Lincoln: Vampire Hunter is exactly as advertised, leading one critic to call it, "a funny, scary, and cheer-worthy adventure that somehow manages to make the 16th President of the United States a bad-ass action hero."

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Mayim Bialik, who earned a best supporting Emmy nomination on *Big Bang Theory*, still struggles to explain the show's success.
SONJA FLEMMING/THE ASSOCIATED PRESS

Even neuroscientist Mayim Bialik can't explain *Big Bang* popularity

Canadian television. Sitcom's success in the North continues to defy odds and baffle one of the actresses who stars in the show

The most watched TV show in Canada — by far — is *The Big Bang Theory*. It has been topping weekly Canadian ratings charts for years.

The six-year-old CBS sitcom regularly draws between 3.5 and 4 million viewers a week on CTV. The Canadian network also airs reruns of *The Big Bang Theory* weeknights during the supper hour. Those reruns outdraw much of what is seen in prime time across all networks in Canada.

CTV is even using the series to sway viewers away from CBC during the hockey stoppage. Saturday marathons of the comedy were being billed as *Big Bang Night* in Canada until CBC complained. They are currently outdrawing CBC's *Your Pick* classic hockey

reruns by more than a five-to-one margin. The series is also a popular draw on CTV's specialty channel The Comedy Network.

Usually, when a network over-uses a series to this extent, it drives it into the ground. The famous example is *Who Wants to Be A Millionaire*, a runaway success in the '90s until ABC started airing it four nights a week across its schedule.

Yet *Big Bang* remains bullet proof. Why can't Canadians get enough of it?

The question was put to an actual neuroscientist: Mayim Bialik. She also happens to star on the series as Sheldon's brilliant but frustrated girlfriend Amy.

"I think they're laughing at us, that's the problem," she deadpanned at a CBS press party held at the most recent Television Critics Association gathering in Los Angeles.

Doing deadpan is a Bialik specialty. The 36-year-old has been using that acting trick ever since her days as a child star on the early '90s sitcom *Blossom*.

Background on Bialik

Mayim Bialik joined *The Big Bang Theory* at the tail end of Season Three as Dr. Amy Farrah Fowler.

- **Character.** She plays the "friend that's a girl, not a girlfriend" to brainy fussy pot Sheldon Cooper (Jim Parsons). At first a recurring character, she became a regular half way through the fourth season. Last season she earned a best supporting Emmy nomination.

Bialik really has no idea why the series gets a bigger bang in Canada.

"The Canadian and United States sense of humour is similar," she observes. "I don't think there's anything mystical about that."

"Maybe," she speculates, "people are more inclined to like nerdy people in Canada."

It may also help that the series' theme song is performed by the nerdiest of Can-

adian bands, the Barenaked Ladies.

For much of the last decade, Bialik was more focused on studies than sitcoms.

"I had never heard of *The Big Bang Theory*. I didn't watch TV, I don't watch TV," Bialik said.

Accepted at both Harvard and Yale, she chose to stick close to home and pursue her degrees at UCLA. That's where she completed her doctorate in neuroscience. Married with two children, she's also written a book on child rearing, *Beyond the Sling: A Real Life Guide to Raising Confident, Loving Children the Attachment Parenting Way*.

One thing her kids — ages seven and four — are not attached to is television. The oldest saw his first TV this summer during the Olympics. Neither has seen *Big Bang* or *Blossom*.

"I grew up with some of the best and worst sitcoms of the '80s," she says.

All that exposure to the boob tube didn't seem to rot her brain — or kill her TV career. **THE ASSOCIATED PRESS**

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Jack Nicholson

Nicholson: I'm no sex machine

Jack Nicholson isn't a fan of his reputation as a Hollywood Lothario. "I am an extreme person. If someone says, 'Jack, you are a womanizer,' I don't deny it. But the life of a gigolo always ends badly," the 75-year-old Oscar-winner tells

the Sun. "That is one of the reasons I feel uncomfortable about all that 'sex legend' stuff." Nicholson also says that reports of his conquests — he's rumored to have bedded more than 2,000 women — are greatly exaggerated.

Alley talks about love of Swayze

It's never too late to tell the truth, apparently. Kirstie Alley has revealed that she and the late Patrick Swayze began an "intense emotional relationship" while filming the 1985 miniseries North and South, according to Entertainment Tonight. "Both of us were married," Alley explains, adding that she wouldn't call what happened between them "an affair," exactly. "But again, I think what we did was worse," she says. "Because I think when you fall in love with someone when you're married, you jeopardize your own marriage and their marriage. It's



Kirstie Alley

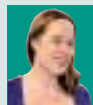
doubly bad." Alley says that she's not sure if Swayze's widow, Lisa Niemi — with whom she's still friends — was aware to the relationship before now.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's election day — here's who I'm voting for:



THE WORD
Dorothy Robinson
scene@metronews.ca

In honour of the U.S. presidential election, The Word decided to cast a vote for their favourite celebrity causes.

I vote:

... for **Amanda Bynes** to report to rehab, directly to rehab, do not pass go, do not collect \$200.

... for **Johnny Depp** to buy some eye makeup remover.

... for **Britney Spears** to keep on hiring whom-ever she's employing to make her seem sane. They are doing a pretty bang-up job.

... for **Beyoncé** and **Jay-Z** to keep breeding.

... for **Ashton Kutcher** to stop following in the footsteps of Charlie Sheen.

... for more **Michael Fassbender** — with or without pants on. Where did that guy get to?

... for **Christina Aguilera** to not feel pressure to go crazy on the elliptical. You look good just the



way you are, girl.

...for **Matthew McConaughey's** ongoing research into ways to reveal his chest on camera.

... for **Ryan Reynolds** to join Matrimonials Anonymous and admit he really just likes taking part in weddings.

... for **Nicole Kidman** to burn this dress immediately.



Lindsay Lohan

Lohan could go to jail ... again

One of Lindsay Lohan's recent run-ins with the law is coming back to haunt her — and it could mean jail time. The troubled actress was involved in a car accident over the summer, and at the time she told the police she had been a passenger in the car and not the driver despite witness

accounts to the contrary. Now, the Santa Monica City Attorney is reportedly planning to file the case as a misdemeanor this week, according to TMZ. And as Lohan is still on probation, a charge of lying to police is enough to send Lohan back to jail, though it likely won't be for very long.

Twitter



@SethMacFarlane

I hope American voters realize that the outcome of this election will seriously impact peoples' mood at the Oscars.



@Pink

I've been told that hackers can tap into your laptop computers and watch through ur cameras, so always put a post it over your camera!



@JeremyPiven

Missed the summer so thank you global warming as I was sweating like a Hebrew slave today...



@AlbertBrooks

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With the Halloween candy barely eaten and Christmas carols already playing in the mall, you might be thinking of skipping out on the holiday stress. Here are a few ideas for destinations that are mercifully Christmas-free.

EMMA E. FORREST
Metro World News

1 Visit the Muslim Marrakesh, Morocco

Why? This atmospheric, iconic Moroccan city with its pink ramparts feels pretty festive all year round, and Christmas is a non-event here because Morocco is mainly a Muslim country.

How? By day, lose yourself in the warren of the maze-like medina old town, haggle over carpets in the sprawling souk, then unwind in a roasting hammam. By night, tuck into street food for supper from the steaming stalls that

are set up every night in the central square, Jemaa el-Fnaa, enjoy a tasting menu in a chic hotel or hang out in one of the glossy nightclubs and cocktail bars in the new town. Head to the souk for leather pouffes, spices and traditional pointed slippers in soft leather in Africa's largest indoor market.
visitmorocco.com



5 Breaks from Christmas



5 Escape to a paradise island, Vietnam

Why? If you're looking to escape the crowds, cold weather and commercialism, escape to the tropical paradise island of Phu Quoc in the Gulf of Thailand.

How? Vietnam's largest island, Phu Quoc, is an undiscovered gem. It's also home

to Vietnam's finest fish sauce and an exceptional place to eat fresh seafood. Hole up at luxurious but laidback Chen Sea Resort and Spa on the island's idyllic west coast. Learn how to cook the perfect prawn with their Iron Chef-contestant head chef, who will take you to buy ingredients at the buzzing local market first.
centarahotels-resorts.com



2 Health boot camp in Thailand

Why? Instead of piling on the pounds at a family feast, lose them at a Thai detox spa instead.

How? Thailand is a mainly Buddhist

country, so you won't see Santa everywhere here, and besides, you'll find it hard to care during your cleanse. On the detox retreat at Samui Spa on the idyllic island of Koh Samui, you'll enjoy daily yoga, too.

3 Change the date for Christmas in Moscow, Russia

Why? The Russian Orthodox Christmas isn't until Jan. 7, so you get two whole weeks in which to give Christmas craziness the slip.

How? If you like

your winters white and your cities atmospheric, then Moscow is a top choice. You can skip Christmas here, but you do get the mother of all parties for New Years — when you can see 2013 by fuelling yourself with local vodka and joining the locals as they gather in Red Square to hear the Kremlin's bells peal.



4 Take a silent retreat at Mount Koya, Japan

Why? Tokyo may be lit up like a Christmas tree at this time of year and heaving with shoppers, but you can also go for a deeper and less superficial experience at Mount Koya, Japan.

How? Stay at the ninth century monastery at the top of Mount Koya, two hours from Osaka, and you can trade commercialism for spiritualism. Fifty-three of the 120 temples here



in this exquisite woodland wilderness host guests in traditional shukubo lodgings with rice-paper sliding doors, tatami mats and futons; some with private gardens complete with bonsai trees. You'll eat traditional Buddhist vegetarian food and can experience zazen, a type of meditation practiced by the monks here. shukubo.jp/eng

3



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Free wheelin' through the streets of Europe

Trend. Cycling has become the hip new way to travel in some of the most congested cities on the continent

Cycling through the heart of some European cities can be a terrifying experience as you jostle for space with cars, trucks and scooters that whizz by with only inches to spare.

Thankfully for bicycle enthusiasts, a movement is afoot to create more room for cycling in the urban infrastructure.

From London's "cycle superhighways" to popular bike-sharing programs in Paris and Barcelona, growing numbers of European cities are embracing cycling as a safe, clean, healthy, inexpensive and even trendy way to get around town.

The trend is also catching on outside of Europe, says John Pucher, a professor of urban planning at Rutgers University in New Jersey and co-author of a new book titled *City Cycling*. Pucher says urban cycling is on the rise across the industrialized world, though Europe is still ahead of the pack.

"Americans make only one per cent of their trips by bike compared to 26 per cent in the Netherlands, 18 per cent in Denmark, and eight to 10 per cent in Belgium, Germany, Sweden and Finland," Pucher said, citing official statistics.

But you don't need statistics to realize that cycling is in vogue. Here are two ways the bicycle renaissance has hit the streets of Europe:

Cycle superhighways

They're not anything as spectacular as multiple-lane expressways for cyclists, but city planners believe they're central to the bicycle revolution: They combine bike paths with bike lanes on regular streets to give pedaling commuters a smooth ride from the suburbs to the city centre.



What better way to see a city than from a bicycle? PHOTOS: THE ASSOCIATED PRESS



Central Station in Amsterdam is a sea of bicycles parked by commuters.

London opened four "cycle superhighways" in 2010, which basically amount to a blue lane for cyclists on the edge of city streets. Copenhagen's approach is more ambitious, seeking to keep bicycles and motor vehicles physically separated as much as possible. The Danish capital plans 26 such routes — the first of which opened this year — building on bicycle-friendly features that have been in place for years.

Stop lights are adjusted to the rhythm of bicycles, not cars. Intersections have foot rests and hand rails so that cyclists don't need to put their foot down when they stop. The route is lined with air pump stations and trash cans that are tilted for easy access from the saddle.

"A cycle highway is where cyclists get highest priority, with few obstacles and as few stops as possible," said Marie Kaastrup, a Copenhagen city

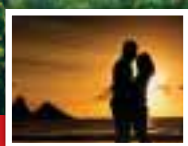
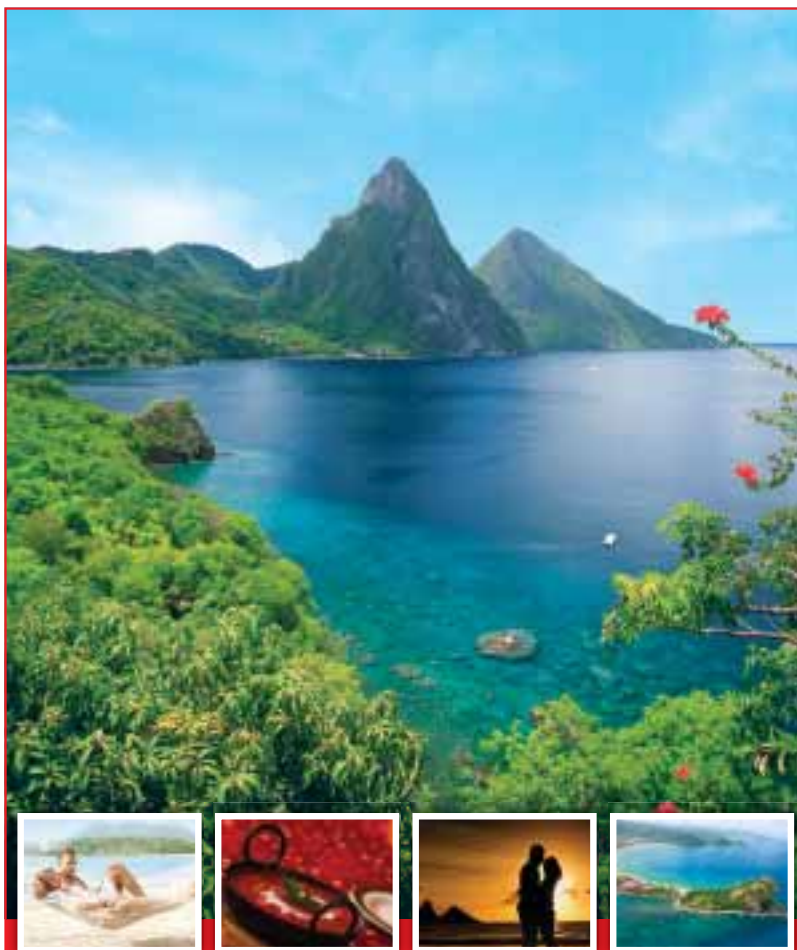
official in charge of bicycle programs.

Bike sharing

Bike sharing or city bike services that offer bicycles for short trips in the downtown area have come a long way since the first large-scale program started in Copenhagen in 1995. That concept was simple: Deposit a coin to release a bicycle from any of a number of bike racks across the city — like unlocking a shopping cart at the supermarket — and get your coin back when you return the bike (not necessarily to the same rack).

Less than two decades later, scores of bike-sharing programs have been launched in Europe and beyond. The most recent ones are high-tech, with customers using smart cards or even mobile phones to unlock bikes from docking stations.

THE ASSOCIATED PRESS



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MICHELLE CIRSTOSTA
TalentEgg.ca

One of the biggest challenges students must face is balancing time between short-term and long-term goals.

Many choose to maintain part-time jobs while enrolled in full-time university or college programs. Sometimes that part-time job may not directly align with your long-term career aspirations and often the two are entirely unrelated. It's all a matter of circumstance or preference.

Whatever the reason, rest assured that it is possible to leverage your part-time job in the pursuit of your long sought after goals for the future. The question is how can you get the greatest return out of what may often feel like a seemingly aimless time investment?

Make it relevant

Think about the position you want after graduation. How can the skills you are developing and perfecting help improve your knowledge repertoire?

Take, for example, a part-time retail position in sales. The list of valuable skills is endless: Meeting sales goals, sustaining relationships with customers, training new hires — all of which can translate to a wealth of other positions. But even if your interests do not lie in the corporate world, be innovative, think of ways you can make your part-time position applicable to those goals.

Frame your experience

You are the storyteller and it's up to you to get the person on the other end of the interaction to hear exactly what you want them to know. It's that simple.

Part-time work experience, in whatever field, helps not only to develop valuable skills, but also builds character and demonstrates integrity. According to Amir Khan, client and student advisor at York University's Schulich School of Business, recruiters are interested

Not just a job

Part-time retail work is still relevant experience

- Take Robert Rizzo, for example, a director of marketing for a multi-national consumer packaged goods company. When he was a full-time BBA student at Schulich, he also worked as a sales associate at Gap and was extremely well-versed in the art of jean folding.
- Even today, with his wealth of experience and knowledge, should Rizzo find himself in a job interview, referring back to his time at Gap is one of his favourite strategies. "You don't need professional experience to have a platform to showcase what you can accomplish," he says.

considering your application.

Going the extra mile can get you noticed

Let's take a look at someone who took full advantage of the opportunities made available to him by his part-time job. Anthony Saracino was a full-time student enrolled in the fashion communications program at Ryerson University and he graduated with a Bachelor of Design. Saracino worked part-time at Guess as a sales representative while he was in school — a familiar scenario for many students.

The difference with Saracino is that he never lost sight of his long-term goals and was fueled by his passion for the fashion industry. Naturally, this led him to go beyond the stipulations of his job description.

He began putting together the window displays for the Guess location where he worked. His displays were so eye-catching that when Marciano himself was performing store visits, he noticed the displays — and Saracino — and flew him out to work in Los Angeles.

in the technical skills of a candidate, but they also place emphasis on your soft skills when

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ROBERTSON COLLEGE

Autumn flavours get baked up in Cardamom Cranberry Pear Crisp

Ground cardamom gives this simple fall-friendly crisp a sweet-spicy flavour that you will smell as much as taste. Don't worry too much about which type of oats to use in a recipe such as this. Though old fashioned rolled oats are the best, feel free to use the "quick" variety if that's what you happen to have. The differences won't be tremendous.

1. Heat the oven to 400 F. Coat a 9-by-9-inch pan with cooking spray.

2. To make the topping, in a medium bowl use an electric mixer to beat together

the butter and brown sugar until creamy. Add the flour, oats, cinnamon and salt. Stir together until the mixture just forms moistened crumbs and small clumps. Set aside.

3. To make the filling, in a medium bowl, toss together the pears, cranberries, brown sugar, cardamom, salt and cornstarch.

4. Spread the mixture evenly into the prepared pan. Sprinkle the topping evenly over the filling. Bake for about 1 hour, or until the pears are tender and bubbling and the topping is well browned.

THE ASSOCIATED PRESS

Ingredients

Topping

- 1/2 cup (1 stick) butter, room temperature
- 1/2 cup packed brown sugar
- 3/4 cup all-purpose flour
- 3/4 cup oats (see above)
- 1/2 tsp cinnamon
- 1/4 tsp salt

Filling

- 8 pears, peeled, cored and sliced
- 8-oz package frozen or fresh cranberries
- 1/2 cup packed brown sugar
- 1/2 tsp ground cardamom
- 1/4 tsp salt
- 2 tsp cornstarch

Cardamom Cranberry Pear Crisp



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Drink of the Week

Deep Purple

Not only is it delicious, Deep Purple also looks amazing served up with pebble ice. It's great for a fall dinner party.

- 1.75 oz Tesseract Lot 76 XO Cognac
- 1 oz Noval Black Port
- .75 oz Lillet Rouge
- 6 concord grapes
- 1 shiso leaf

Muddle the concord grapes and shiso. Add the rest of the ingredients and ice. Shake and strain into a chilled rocks glass filled with pebble ice. Garnish with a shiso leaf. METRO

WORLD NEWS/ JIM MEEHAN AND KAREN FU OF PDT IN NEW YORK



Caramel Apple Pie. A modern take on tradition



1. In a large, deep skillet over medium-high heat, toss the apple slices with the vinegar. Cook until the apples are tender, about 10 minutes.

2. Transfer the apples and any juices in the pan to a large bowl. Set aside.

3. Return the skillet to the heat. Add the caramel candies, half-and-half, apple pie spice

and salt. Heat, stirring constantly, until melted and smooth.

4. Pour the caramel mixture over the apples and stir until well coated. Spoon the apple-caramel mixture into the graham cracker crust.

5. Sprinkle the top with the cookies, peanuts and chocolate chips. Serve immediately.

THE ASSOCIATED PRESS

Ingredients

- 6 baking apples (such as Fuji or Gala), peeled, cored, sliced
- 1 tbsp cider vinegar
- 14-oz package caramel candies, unwrapped
- 1/2 cup half-and-half
- 1 tsp apple pie spice
- Pinch salt

- 9-inch prepared graham cracker crust
- 1/2 cup crumbled shortbread cookies
- 1/4 cup chopped toasted peanuts
- 1/4 cup mini chocolate chips

Marzipan carrots complete Carrot & Chocolate Cupcakes

1. In a large bowl and using electric hand mixer, beat but-

Ingredients

- 125 ml (1/2 cup) unsalted butter, room temperature
- 250 ml (1 cup) brown sugar
- 3 eggs, separated
- 5 ml (1 tsp) vanilla
- 2 ml (1/2 tsp) almond extract
- 250 ml (1 cup) coarsely grated carrots
- 375 ml (1 1/2 cups) all-purpose flour
- 125 ml (1/2 cup) cocoa powder
- 7 ml (1 1/2 tsp) cinnamon
- 5 ml (1 tsp) baking soda
- 2 ml (1/2 tsp) baking powder
- 1 ml (1/4 tsp) nutmeg
- 250 ml (1 cup) buttermilk
- 75 ml (1/3 cup) semisweet chocolate chips

Icing

- 125 ml (1/2 cup) unsalted butter, room temperature
- 250 ml (1 cup) icing sugar
- 150 ml (2/3 cup) cocoa powder
- 50 ml (1/4 cup) buttermilk
- 5 ml (1 tsp) vanilla

Decoration

- Half pkg (227-g/8-oz pkg) marzipan
- Red and yellow food colouring

ter with all but 15 ml (1 tbsp) of the brown sugar until fluffy. Add egg yolks, vanilla and almond extract; beat again. Stir in carrots. Set aside.

2. In separate bowl, sift flour, cocoa powder, cinnamon, baking soda, baking powder and nutmeg. Fold into butter mixture, alternating with buttermilk, making 3 additions of flour mixture and 2 of buttermilk. Fold in chocolate chips.

3. In a third bowl, beat egg whites until frothy. Beat in remaining 15 ml (1 tbsp) brown sugar until stiff. Gently fold into batter until just blended.

4. Divide among 12 paper-lined muffin cups. Bake in a 190 C (375 F) oven for about 25 minutes or until tops are springy to the touch. Let cool completely on rack.

5. Icing: In a bowl, beat butter, icing sugar and cocoa powder for 1 minute or until fluffy and smooth. Beat in buttermilk and vanilla until smooth. Spread over cooled cupcakes.

6. Decoration: Knead marzipan to soften. Tint with food colouring by combining one part red food colouring to



This recipe makes 12 cupcakes. THE CANADIAN PRESS HANDOUT

two parts yellow to make orange. Form into 12 small carrot shapes. Roll edge of small knife around each carrot, making light indentations.

Make small hole in top of each carrot with toothpick; press fresh carrot greens (leaf) into hole. THE CANADIAN PRESS/FOODLAND ONTARIO

Hockey

Hefford hits 150 in Canada's Four Nations opener

Jayna Hefford had two goals to reach a scoring milestone and Shannon Szabados made 20 saves as Canada opened the Four Nations Cup with a 6-0 victory over host Finland on Tuesday.

Jennifer Wakefield, Rebecca Johnston, Hayley Wickenheiser and Meghan Agosta-Marciano also scored for Canada. Hefford's second goal was the 150th of her national team career.

THE CANADIAN PRESS

MLB

Union concludes Cabrera's agents unaware of Internet scheme

The baseball players' union concluded Melky Cabrera's agents didn't know about a scheme to create a phoney website in defence of his positive drug test, but said they failed to properly manage the employees of the firm who tried to carry out the scheme.

Brothers Sam and Seth Levinson, the heads of ACES Inc., were probed by the Major League Baseball Players Association after MLB's investigations department discovered the attempt to concoct evidence. Cabrera, the all-star game MVP, was suspended 50 games in August after testing positive for testosterone.

THE ASSOCIATED PRESS



San Francisco Giants slugger Melky Cabrera. GETTY IMAGES FILE



Federer begins season-ending event in dominant fashion

Roger Federer of Switzerland plays a return to Janko Tipsarevic of Serbia during their singles tennis match at the ATP World Tour Finals on Tuesday in London, England. Federer opened his quest for a seventh season-ending tour title looking like the man to beat — again. The 17-time Grand Slam champion won his record 40th match at the tournament, defeating Tipsarevic 6-3, 6-1 in his opening Group B match. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Fehr optimistic as negotiations resume

Back to the table.

League, players attempt to bridge gap in New York on lockout's 52nd day

Quoted



"We're hopeful that we'll start bargaining and we'll continue bargaining until we find a way to make a deal."

NHLPA executive director Donald Fehr ahead of Tuesday's negotiations

The NHL and NHL Players' Association didn't just return to the bargaining table on Tuesday. They stayed there for a good long time.

Talks restarted at an undisclosed location midway through the afternoon and were still ongoing more than five hours later, according to sources.

It was a potentially en-

couraging sign with the negotiations at a critical juncture and the sides expected to hold another session on Wednesday. The NHL requested that the meetings be held in a private setting because it thought it increased the odds that progress could be made.

Donald Fehr, the NHLPA's executive director, met reporters about 90 min-

utes before talks resumed and expressed a desire to see the parties start closing in on an agreement.

The sides hadn't held a formal meeting since Oct. 18 in Toronto, when the NHL took about 10 minutes to dismiss three proposals put forward by the union.

Pittsburgh Penguins captain Sidney Crosby was among the players who at-

tended that meeting and he also flew to New York on Tuesday after making a "last-minute" decision to sit in on this one.

The biggest issue the sides have to bridge a gap on is the mechanism that would see all existing contracts honoured in full, even after the players' overall share in revenue is reduced to 50 per cent from its current position of 57 per cent. A "make whole" provision in the NHL's Oct. 16 offer attempted to do that, but the NHLPA didn't like that deferred payments would count against the earning potential of future players. THE CANADIAN PRESS

Bombers dump assistant GM Hodgkinson

The Winnipeg Blue Bombers have dumped assistant general manager Ross Hodgkinson, a long-serving member of the organization who joined the team in 1985.

General manager Joe Mack announced Tuesday that Hodgkinson's contract wasn't being renewed.

"With the club looking at going in a different direction when it comes to our front office management, we felt this was in the best interest of the organization to bring in someone new to fill this position. Our search for a new

assistant general manager will begin immediately and we hope to have someone in place very soon. We wish Ross all the best."

Hodgkinson started with the Bombers as their head athletic trainer. He has been assistant general manager since 2008 and director of football operations.

The club lists his responsibilities as managing the salary cap, supervising contract transactions and player registrations, as well as connecting with the CFL on football operations, discipline

Quoted

"We would like to take this time to thank Ross for everything he has done for the organization over his time here."

Bombers general manager Joe Mack in a release announcing the contract of assistant GM Ross Hodgkinson will not be renewed. Hodgkinson joined the team in 1985.

and officiating.

He left the Bombers to become head athletic trainer of

the Manitoba Moose of the AHL in 1996 but rejoined the team in 2002. He also spent two seasons with the Toronto Argonauts in the late 1970s.

Mack, meanwhile, kept his job this year despite the Bombers' 6-12 finish out of the playoffs. He sacked coach Paul LaPolice earlier in the season.

Defensive co-ordinator Tim Burke was promoted to interim head coach and last week the club announced he would have the interim tag removed and lead the Bombers in 2013. THE CANADIAN PRESS

LaPolice in showbiz

Former Bombers coach Paul LaPolice, who is still being paid by the team, also has a new job.

- TSN announced Tuesday that he would be featured on the CFL panel and in a new Coaches Playbook segment, breaking down plays. He will also provide a coach's perspective on SportsCentre during the playoffs and the Grey Cup.

Get ready for the Ram 1500



ALL PHOTOS WHEELBASE

Fuel economy

For fuel-saving measures, a thermal management system rapidly warms engine and transmission fluids, allowing them to function more efficiently, sooner, which also helps save gas. Then there's a stop-start system that shuts off the engine (while still maintaining necessary electric-powered systems) when stationary.

Engine

Chrysler has finally decided to install its 3.6-litre V6 and eight-speed automatic transmission between the Ram's flanks, replacing the 3.7-litre V6. The result is a significant 90-horsepower gain (to 305) and a torque increase to 269 pound-feet from 235. The new powertrain makes a world of difference.

Ram 1500

- **Type.** Two/Four-door, rear/four-wheel drive.
- **Engines (hp):** 3.6-litre DOHC V6 (305), 4.7-litre SOHC V8 (310), 5.7-litre OHV V8 (395)
- **Transmission.** Eight speed auto., six speed auto. (4-7).
- **Base price (incl. destination).** \$28,500

Design

Outwardly, the new Ram's forward-angled grille juts out as before, like an overbite, and fronts the same cab and box sizes. However, the nose is now 2.5 centimetres higher, the headlights are updated and the grille can be specified with fuel-saving shutters that automatically close at highway speeds.

By comparison



1 Ford F-150
Base price: \$21,700



2 Toyota Tundra
Base price: \$27,800



3 Chevrolet Silverado
Base price: \$28,250

Review. Modifications say Ram is taking its future seriously

MALCOLM GUNN

Wheelbase Media

The changes were really a long-time coming.

The 2013 Ram 1500 arrives with enough new content engineered into its soul to gain plenty of traction with the tough pickup crowd. Whether it's enough to entice Ford and General Motors supporters to join the Ram flock remains to be seen, but as the nation's economic health remains relatively strong, so should the fortunes of all light and medium-duty truck brands.

Now operating as its own unit apart from Chrysler's Dodge division, the Ram brand — specifically the 1500 series — receives some critical mid-product-cycle adjustments that are significant on a number of fronts. Carrying over, and exclusive to the job-site Tradesmen model, is a 310-horsepower 4.7-litre V8 connected to a six-speed automatic transmission.

Rams fitted with the eight-speed come with a rotary shift dial on the lower left corner of the centre stack, replacing the previous column or console-mounted shifter. The interior also features an available touch-screen access for communications and audio devices as well as for Wi-Fi Internet access.

Further changes to the



Apart from the interior being a feast for the eyes, the dash has no shift lever. That's the job of the large knob on the centre stack just to the right of the steering wheel.

Ram involve adopting a stiffened frame that's also lighter by about 14 kilograms. Alone that's not much, but combined with a lighter base powertrain and front suspen-

sion and the combined savings reaches the 60-kilogram range.

The Ram also becomes the first in its class to offer key-fob-controlled air suspension

on Quad and Crew models that features five ride height settings. In addition, the Ram makes giant strides in areas that matter most while actually improving power and towing capacity, things that make people want to buy trucks in the first place.

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Second Gear.

2003 to 2008 Infiniti FX

The Infiniti FX was easy to spot on the road, thanks to its distinctive sound, stand-out looks and athletic stance. One commercial called the FX a "sport sedan with a backpack." A sporty premium crossover model from Nissan's premium division, the first-generation of this machine hit the market for 2003 and became a popular contender in its segment. Feature content was the norm for the segment—and used shoppers can look for 20-inch wheels, memory seating, navigation, Bluetooth, premium Bose audio, rain-sensing wipers and plenty more.

Common issues

Some owners have reported electrical grounding issues as the FX ages. These can cause problems ranging from cooked ignition coil packs (which will result in a misfire) to damaged Engine Control Units (ECU)'s. Be sure the FX you're considering isn't exhibiting any signs of bad electrical grounds, and check that all electronics work properly, and that the engine and transmission work smoothly. An Infiniti mechanic can give the sensor network and electrical system in the FX you're considering a check, just to be safe. Check the seats for signs of excessive wear, inspecting the leather where it's stitched together.



PHOTO: WHEELBASE MEDIA

Inspect the dashboard for signs of cracking as well. Ensure proper operation of all motorized seat functions, as well as the fuel gauge

Engine



Look for six or eight-cylinder engines with about 280 or 320 horsepower, respectively. Automatic transmissions and all-wheel drive were fitted to all models and both engines drink premium gas.

What owners like



Head-turning style, originality, impressive features, a refined driveline and overall performance and handling are all highly rated by FX owners. The confidence delivered by its AWD system in winter driving is also appreciated.

What owners dislike



Common complaints include expensive fuel bills, expensive winter tires, limited at-hand storage on board and limited trunk space.

Verdict

The V6-powered FX35 should be the least-expensive to fuel and insure. A clean bill of health from an Infiniti mechanic on the electrical system should precede ownership of a reliable crossover celebrated for its uniqueness and performance.

Time for a change *Just* **\$29⁹⁵** **OIL, FILTER & MORE!**



Take charge! The future's electric

Autopilot



AUTO PILOT
Mike Goetz
drive@metronews.ca

Car owners have a love-hate thing going on with gas stations. We don't like giving them money, but when we need them, we need them bad. When we need them bad, only they can satisfy our feverish desire for lovely amber transportation fluid, tasty snacks, and semi-clean washrooms.

The age of public charging stations is upon us. With the continuing electrification of the automobile, gas stations are no longer the only "refueling" game in town. EVs (full electric vehicles) and PHEVs (plug-in hybrids) can snub their aerodynamic noses at gas stations.

EVs and PHEVs mostly get charged at home, during the night. But electric car stakeholders are working toward a world where public charging stations will augment at-home charging, to facilitate more electric car adoption, and to expand their

respective daily ranges.

Chris Hill is president of Electric Mobility Canada, an association that includes virtually all those stakeholders — EV and PHEV manufacturers, provincial power utilities, battery and charging station companies, etc. Hill says there are currently about 200 public charging stations in Canada, most of which are located in Quebec.

Quebec and B.C. are leading the charge (pun not initially intended). "The Electric Circuit" is an initiative of the Hydro Quebec and is billed as the country's first public charging network. The 150 proposed stations would be located on the premises of partners, such as St-Hubert (the chicken chain), the cities of Montreal and Quebec, Rona, Metro (the grocery chain), Discount Car and Truck Rentals and AMT, which runs the province's commuter train services. Would-be chargers just buy the special \$25 user card from Hydro Quebec, good for 10 charges, and away they go...

AddEnergie, a Quebec-based charging station builder, will further boost the province's public charging infrastructure, with a proposed 80-station network. But Quebec will eventually be eclipsed by B.C. Through

the province's Clean Vehicle Initiative and Vancouver's goal to be the greenest city in the world by 2020, there will be lots of public stations going up soon in the province. Hill expects about 700 to be built there next year.

Public charging stations are a province-by-province thing, because electricity is a provincially regulated function. Hill adds that currently only provincially-regulated entities can "resell" electricity — hence their need to work with partners and vice-versa.

When corporate and municipal partners get involved, it's more often about promoting a green image and/or delivering a desirable customer service, because they're not the ones making the electricity or billing you for it.

A case in the point is the lone public charging station currently in Toronto. It's located close to City Hall in a visible spot in the Sheraton Centre, and the hotel doesn't charge you for the juice.

Where all the public charging stations should go is still up for discussion. Not up for discussion is the fact that they are definitely coming to Canada — maybe not as fast as they are populating in the U.S.

Charge!
EV Etiquette

- Do not** take the charging station spot if your vehicle doesn't require a cord to refuel!
- Plug-in** hybrids should give preference to all-electric vehicles at charging stations.
- When** fully charged, move to a regular spot. Tools on your smartphone can help you find stations and let you know your battery status.
- Like** any other cord, be careful to place it where no one can trip — including you.
- Consider this!** Put a note on your car letting people know when it's OK to unplug.
- If you** charge at a friend's house, offer to pay for the "fuel" (whatever charge you have in your pocket is plenty!).

EV **PHEV**

CONTRIBUTED

(where they already have 4,000 and counting), but they're definitely coming. And developing along with them will be a totally new refueling culture,

and one not based on the petroleum model.

Ford of Canada is already on the case. They published an infographic recently on EV charging

etiquette. They want to make sure courtesy and common sense gets a fair shake at the public charging station, and we're all for that.

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Horoscopes

Aries

March 21 - April 20

You may want to give up on something that does not seem to be working out, but don't be too hasty. A few days from now, you will get an idea as to how you can further develop it. Stick with it.

Taurus

April 21 - May 21

Something seems to be holding you back from fully expressing yourself. Whatever that something is, you need to identify it and deal with it because your voice is going to be needed towards the end of the week.

Gemini

May 22 - June 21

The more others try to tell you there is nothing to worry about, the more the alarm bells in your head start to ring. Are you being overly dramatic? No you are not. Be on your guard over the next 24 hours.

Cancer

June 22 - July 23

You may find this hard to believe but what happens today will sweep away your fears and before you know it, the world will be a brighter, happier place — for you at least. This is still very much your time of year.

Leo

July 24 - Aug. 23

By all means, listen to what other people try to tell you today. But when it comes to acting on what they say, you must be cautious. There is a small but worrying possibility that you are being lied to.

Virgo

Aug. 24 - Sept. 23

There is no point giving into feelings of self-pity because they won't get you anywhere. A positive mental attitude is a must today, and for the rest of the week. You won't get much done without it.

Libra

Sept. 24 - Oct. 23

It may now be apparent that someone who acts like a friend is in fact plotting against you but there is no need to get excited about it. What have they so far achieved? Nothing. And that's how it will stay.

Scorpio

Oct. 24 - Nov. 22

It is too late to change the outcome of a certain situation, and the sooner you realize that, the better. Don't waste time and energy trying to reverse what has already happened. Unless you own a time machine, it won't work.

Sagittarius

Nov. 23 - Dec. 21

You may be able to see where a friend or family member is going wrong but it's unlikely they will be happy if you point it out to them. Do so anyway, so your conscience is clear. After that, it's up to them.

Capricorn

Dec. 22 - Jan. 20

You may have to make some kind of sacrifice today but if you do so willingly, it is guaranteed that you will gain in other ways before the end of the week. Don't forget: A good heart is also good business.

Aquarius

Jan. 21 - Feb. 19

It may seem as if nothing is going right but don't let it get to you. Take each moment as it comes and focus on one task at a time. You'll get at least one good thing done by the end of the day.

Pisces

Feb. 20 - March 20

You would no doubt admit that you have gone along with other people's suggestions a bit too much in recent weeks. Now you must resolve only to do what feels right to you. It's your life after all.

SALLY BROMPTON

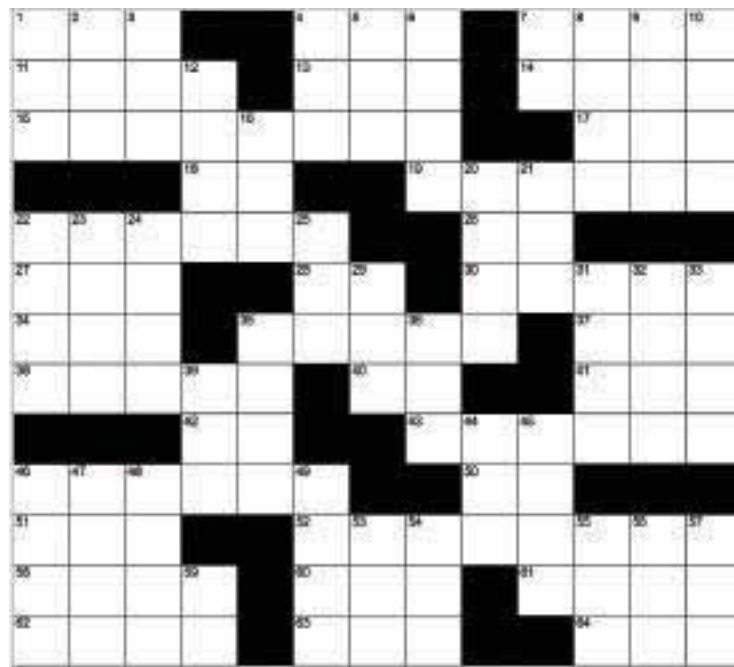
Canadian Crossword

Across

- Children's character: Sponge —
- Humbug!
- Apex
- Soon
- Lager
- Movie starring a pet pig
- Theme park transport
- New home construction site
- Regarding (abbr.)
- Locales
- Spread
- South American Sloth
- Everything
- Concerning (abbr.)
- Idleness
- Winter malady
- Battlestar Galactica actor: Edward James —
- Old time actress West
- Florida city
- "Mice and Men"
- Parseghian of Notre Dame
- Exclamation of surprise
- Bouquet
- Rank
- Sheriff on The Waltons
- Paving material
- Peak
- Aglow
- You Afraid of the Dark?
- Healthy soil
- Fall colours
- Turner or Danson
- Speck

Down

- Emeril's favourite expression
- Yoko —
- Rocker Jon — Jovi
- Barnyard sound
- "Love Story" actress MacGraw
- Aid
- Blood type

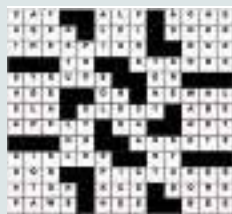


- Baby powder
- Woodwind instrument
- Family dogs and cats
- Author Roberts
- Phonebook look-up
- Scottish girl
- Feel poorly
- River transport
- Jazz singer Fitzgerald
- Type of pudding
- we meet again

- Funnyman Philips
- Sharif or Epps
- Scarlett O'Hara plantation
- Mend
- Hawaiian Island
- Light switch position
- Found on Anna Olson's Sugar
- Dancing with the Stars judge Goodman
- October birthstone
- Sun

- Faerie — Theatre
- Extremely dry
- Tiff
- Anger
- Actor Beatty
- Parcel delivery request
- Legal Aid Ontario (abbr.)
- Ambulance administrator
- Author — Eliot

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY

THURSDAY

FRIDAY



MAX: 4°
MIN: -3°



MAX: 1°
MIN: -4°



MAX: -2°
MIN: -3°



JENNA KHAN
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